

*Experience, strength and hope from Al-Anon members for times when you can't get to an Al-Anon group*

October 2022

Dear Loners

We come to Al-Anon because we are experiencing a personal crisis and soon hear the message that working the Twelve Steps will help us to find a new way of living. Working through the steps helps us to take better care of ourselves, to improve our understanding of ourselves and to find solutions that lead to serenity. In this month's Loners' Letter, an Al-Anon member shares how she is approaching her journey of working through the Twelve Steps.

~ ~ ~

At every meeting I attended, we read the Twelve Steps after the Serenity Prayer. In the beginning, they were just that, the Twelve Steps read in parrot fashion. I attended a few meetings where the importance of working the Twelve Steps was stressed and I began asking questions about how to work the steps. I also attended meetings where the steps were the topic of discussion.

I was advised to work one step at a time and to take my time over it. I also purchased the book *Paths to Recovery* (B-24) and began working the steps from there. When doing Step One, I looked up the topic "Step One" in all three of the Al-Anon daily readers and then jotted the relevant page numbers down. (Al-Anon's daily readers are: *Courage to Change* [B-16], *Hope for Today* [B-27] and *One Day at a Time* [B-6].) Then I read all the readings I had listed on the topic of Step One and in this way I was better able to answer the questions on Step One that were in the book *Paths to Recovery*.

It's been a year now and I have completed Steps One to Three. These steps form the first part of the four primary ideas namely: we were powerless over the problem of alcoholism.

I am busy working on Step Four now: "Made a searching and fearless moral inventory of ourselves." To help me with the inventory, I am focusing on different aspects: positive attributes, negative attributes, defects of character and feelings. While working this step, I remind myself that I am human and while I have made mistakes, I am a work in progress. Consequently, I am gentle with myself as this is a gentle program.

I have also examined my purpose for working the Twelve Steps and understand that my aim is:

- To discover and establish a conscious relationship with a power greater than myself, my Higher Power.

- To improve on my contact with my Higher Power once it has been established and to work on this relationship daily. To have a conversation with my Higher Power.
- To make an effort to make the necessary changes to my personality and to improve on my defects of character.
- To work towards implementing the changed attitudes in myself and building harmonious relationships with my family, friends and colleagues. And then sharing the gifts of Al-Anon through service and growing each day.

While working on the steps and trying to apply them to my life, I also keep in mind the Al-Anon slogan, "Progress Not Perfection".

Anonymous

~\*~

Thank you for sharing your approach to working the Twelve Steps and all the best on your journey of self-discovery. The time and effort put into your step-work will reap dividends in the form of an improved relationship with yourself and also with family and friends. Know too that you are part of a fellowship of people all undergoing the same journey and who are sharing their experiences, strength and hope at Al-Anon meetings, whether online or in person.

Best wishes

Clare

**Tradition Seven:** Every group ought to be self-supporting, declining outside contributions. Al-Anon is operating under financial constraints and we appeal to all Al-Anon members to contribute towards our operating expenses so that we can continue to provide help to the friends and relatives of alcoholics. Our banking details are below.

<p><b>Al-Anon Information Services</b>, ABSA Bank, Oakdene, Current Account No: 1118881482 Branch code 632 005. Please use your <b>name</b> or <b>group</b> as the reference.</p>
---

<p><b>PayFast: Al-Anon Information Services</b> <a href="http://www.payfast.co.za/donate/go/alanoninformationservices">http://www.payfast.co.za/donate/go/alanoninformationservices</a> Please use group or event and members name as reference.</p>
--

P.S. If you would prefer not to receive this newsletter, please send an email to [alanontvl@absamail.co.za](mailto:alanontvl@absamail.co.za) with the word **UNSUBSCRIBE** in the subject and your name will be removed from the distribution lists. If you know of new members who would like to receive our newsletter, please inform the office.